

**Personal Health and Wellness (PHW)****Grades PreK-2**

This concept area focuses on essential content students need to know about personal hygiene, including dental care, and disease prevention.

<b>Stem</b>	<b>This is evident when students.....</b>
<b>HE1: Self Management</b> Students will understand how to reduce their health risks through the practice of healthy behaviors.	a. Demonstrate the skills to promote health and reduce the spread of germs (e.g., proper hand washing, proper tooth brushing techniques).
<b>HE2: Core Concepts</b> Students will show an understanding of health promotion and disease prevention concepts.	a. Identify basic personal hygiene habits required to maintain health (e.g., caring for teeth, gums, eyes, ears, nails). b. Recognize the signs and symptoms of common illnesses (e.g., fever, rashes, coughs, congestion, wheezing).
<b>HE3: Analyzing Influences</b> Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.	
<b>HE4: Accessing Information</b> Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.	a. Identify community health service providers (e.g., dentists, nurses, physicians, paramedics, who can provide help with personal health issues).
<b>HE5: Interpersonal Communication</b> Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community.	a. Use effective communication skills to encourage others to make positive choices for personal health and wellness.

**Personal Health and Wellness (PHW)****Grades 3-4**

This concept area focuses on essential content students need to know about personal hygiene, including dental care, and disease prevention.

<b>Stem</b>	<b>This is evident when students.....</b>
<b>HE1: Self Management</b> Students will understand how to reduce their health risks through the practice of healthy behaviors.	a. Describe strategies to improve or maintain personal health and well-being (e.g., daily hygiene practices, sun protection, dental health, sleep).
<b>HE2: Core Concepts</b> Students will show an understanding of health promotion and disease prevention concepts.	a. Explain how childhood illness can be prevented and treated, including common health problems that should be detected and treated early. b. Describe the basic structure, functions and care of the human body systems (e.g., how they are interrelated, how they fight disease).
<b>HE4: Accessing Information</b> Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.	a. Identify characteristics of valid health information and health-promoting products and services. b. Demonstrate ways to locate school and community resources that provide health services to individuals and families (e.g., HMOs, clinics, substance abuse treatment centers).

**Personal Health and Wellness (PHW)****Grades 5-6**

This concept area focuses on essential content students need to know about personal hygiene, including dental care, and disease prevention.

<b>Stem</b>	<b>This is evident when students.....</b>
<b>HE1: Self Management</b> Students will understand how to reduce their health risks through the practice of healthy behaviors.	a. Describe ways to manage health when affected by disease or disability (e.g., cooperating with parents and health care providers, taking prescription or over-the-counter medicines properly, and correctly interpreting instructions for taking medicine). b. Develop strategies for daily health care practices (e.g., caring for skin, hair, teeth, hygiene).
<b>HE2: Core Concepts</b> Students will show an understanding of health promotion and disease prevention concepts.	a. Describe the relationship between healthy behaviors and personal health (e.g., practicing good personal hygiene, acknowledging the importance of immunizations, cooperating in regular health screenings). b. Analyze the physical, emotional, mental, and social importance of keeping the body clean through daily health care practices. c. Describe how the physical environment impacts personal health (e.g., exposure to pollutants, toxins, noise). d. Describe when it is important to seek health care and the benefits of early detection and treatment of disease.
<b>HE3: Analyzing Influences</b> Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.	a. Analyze advertising techniques used to influence choices on health care products. b. Demonstrate the use of positive media strategies, including marketing to promote personal health practices.
<b>HE4: Accessing Information</b> Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.	a. Identify sources of support for a variety of health issues in the school and community. b. Identify resources from school and community that provide valid health information and services for individuals, families, and communities.
<b>HE5: Interpersonal Communication</b> Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community.	a. Demonstrate effective ways to express needs, wants and feelings about personal health issues.
<b>HE6: Goal Setting</b> Students will demonstrate the ability to set personal goals to enhance health.	a. Set a personal health and wellness goal, developing a plan, and making progress toward achieving it.

**Personal Health and Wellness (PHW)****Grades 7-8**

This concept area focuses on essential content students need to know about personal hygiene, including dental care, and disease prevention.

<b>Stem</b>	<b>This is evident when students.....</b>
<b>HE1: Self Management</b> Students will understand how to reduce their health risks through the practice of healthy behaviors.	a. Develop strategies and skills for healthy practices and behaviors that will maintain or improve the health of self and others.
<b>HE2: Core Concepts</b> Students will show an understanding of health promotion and disease prevention concepts.	a. Describe how lifestyle, pathogens, family history and other risk factors are related to the cause and prevention of disease and other health problems. b. Explain the relationship between positive health behaviors and the prevention of disease (e.g., importance of sleep and rest, daily health care practices, healthy diet and physical activity). c. Explain how appropriate health care can prevent premature death and disability (e.g., health screenings, self-examinations, immunizations). d. Differentiate between communicable, chronic and degenerative disease processes.
<b>HE3: Analyzing Influences</b> Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.	a. Analyze the effect of society (e.g., culture) and science (e.g., technology) on personal health behaviors and use of health services. b. Describe how school, family, and peers influence the health practices of individuals (e.g., sun safety, immunizations, access to health care).
<b>HE4: Accessing Information</b> Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.	a. Analyze the validity of health information products, and services from a variety of sources including the Internet. b. Demonstrate the ability to locate health products and services related to personal health issues and concerns.
<b>HE5: Interpersonal Communication</b> Students will demonstrate the use of skillful communication to contribute to better health for themselves, their families, and the community.	a. Demonstrate the ability to advocate for health-promoting opportunities for self and others, including assertive consumerism.
<b>HE6: Goal Setting</b> Students will demonstrate the ability to set personal goals to enhance health.	a. Develop a plan to attain personal health goals by addressing results of a personal health assessment (e.g., personal strengths, values, beliefs, needs and health risks).
<b>HE7: Decision Making</b> Students demonstrate the ability to make decisions that lead to better health.	a. Demonstrate individual and collaborative decision-making processes to resolve health problems.

**Personal Health and Wellness (PHW)****Grades 9-12**

This concept area focuses on essential content students need to know about personal hygiene, including dental care, and disease prevention.

<b>Stem</b>	<b>This is evident when students.....</b>
<b>HE1: Self Management</b> Students will understand how to reduce their health risks through the practice of healthy behaviors.	a. Analyze a personal health history to determine strategies and practices for reducing risks and enhancing health.
<b>HE2: Core Concepts</b> Students will show an understanding of health promotion and disease prevention concepts.	a. Analyze how behavior can impact health maintenance and disease prevention, including the short and long-term consequences of safe, risky, and harmful behaviors. b. Analyze the impact of personal health behaviors on body systems (e.g., regular health examinations and screenings, importance of rest and sleep, sun safety, self-examinations, early treatment of diseases). c. Analyze how the environment affects personal health (e.g., UV light, lead, asbestos, pesticides, unclean air and water). d. Analyze how public health policies and laws influence health promotion and disease prevention. e. Analyze personal health needs in regards to reproduction, contraception and abortion.
<b>HE3: Analyzing Influences</b> Students will show understanding of how culture, media, peers, family, and other factors influence healthy behaviors.	a. Analyze the impacts of internal (e.g., experiences, perceptions, self-respect) and external (e.g., technology, media, peer community) factors on personal health behavior. b. Evaluate how community and social norms influence health choices.
<b>HE4: Accessing Information</b> Students will demonstrate the ability to access valid information and/or resources about health issues, services and products.	a. Demonstrate the ability to access appropriate sources of support and treatment available in the community for a variety of health issues. b. Provide evidence to support the validity of health information, products, and services. c. Demonstrate the ability to evaluate resources from home, school, and/or community that provide valid health information. d. Evaluate factors that influence a personal selection of health products and services.

**Personal Health and Wellness (PHW) – Continued****Grades 9-12**

<b>Stem</b>	<b>This is evident when students.....</b>
<b>HE5: Interpersonal Communication</b> Students will demonstrate use of skillful communication to contribute to better health for themselves, their families, and the community.	a. Demonstrate the ability to advocate for health promoting opportunities for self and others (e.g., assisting in the development of public health policies and laws, becoming actively engaged in issues that affect health).
<b>HE6: Goal Setting</b> Students will demonstrate the ability to set personal goals to enhance health.	a. Implement a goal-setting plan and evaluate the progress in attaining personal health goals. b. Identify barriers and supports to achieve goals and strategies. c. Identify strategies to overcome barriers and enhance supports.
<b>HE7: Decision Making</b> Students demonstrate the ability to make decisions that lead to better health.	a. Demonstrate a logical progression through a decision-making process that results in health-enhancing behaviors. b. Analyze the immediate and long-term impact of health decisions on the individual, family, and community, including environmental issues, public health policies, and government regulations.